

LONDON metro®

TIME TO KICK OUT THE ELAINE DANCE?

JULIA LOUIS-DREYFUS
PROVES READY TO
RULE AFTER TAKING
HOME EMMY FOR
VEEP

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Knights open season with shutout win

Six Knights away at NHL
camps returned in a big way
for the season opener
against Plymouth

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The creative people taking stands at Project Play included Evelyn Topham, left, and Jacqueline Dean, who sell arts, crafts and accessories via their Tumblr account under the name Witch and Warrior. MIKE DONACHIE/METRO

Project Play packs a punch

'A chance to play.'
Hundreds at Fanshawe
College for successful
and fun fundraiser

Last year, three emergency shelters for women and families received challenging, entertaining games from Project Play. This year, the beneficiaries will be the N'Amerind Friendship Centre, Glencairn Community Resource Centre and the North West London Community Resource Centre.

Picken said: "The ones we chose this year, the last thing they have money for is entertainment."

But there's more to it than fundraising. "It's about having a chance to play," said Picken. "There are so many great things we can play these days, and so many great communities that are passionate about it."

Around the halls at Fanshawe were colourful stands filled with creativity. There were artists and animators, video-game developers and cosplayers in character. And of course there were games galore, from London businesses including Wiggles 3D, the store Uber Cool Stuff and video-game firm Big Viking Games.

MIKE DONACHIE/METRO

Fierce battles were fought and won. The victors stood in triumph over their vanquished foes. The losers wept bitter tears.

Not quite, but there was a competitive spirit, and plenty of co-operation for a good cause, as Project Play returned to London Sunday. The totals weren't available because the busy organizers were still dashing around the student union at Fanshawe College, but they did have time to declare the event a complete success.

"We raised \$4,000 last year and I hope we'll be able to top that by a good margin this year," said co-founder Greg Picken. "Whatever we did here today, we are going to give something back to the community. That makes it an easy sell to get people back on board."

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Egypt imprisonment

Loubani, Greyson supporters to rally

Supporters of jailed London emergency-room physician Tarek Loubani and Toronto filmmaker John Greyson are planning a peaceful rally at 1 p.m. Tuesday in Victoria Park.

Loubani and Greyson have been behind bars in Egypt since Aug. 16 with no formal charges filed against them. The men announced last week they would begin a hunger strike to protest their imprisonment.

People will be carried to the rally on school buses leaving at 12:30 p.m. from the front of University Hospital on Perth Drive and from Tower B (outside the new obstetrics/gynecology waiting area) at Victoria Hospital on Baseline Road.

Buses will leave Victoria Park and return to the hospitals at 2:25 p.m.

For more information, visit emlondon.ca or contact Amit Shah at amit.shah@me.com or Andrew Jones at jonesmd@gmail.com. **SCOTT TAYLOR/METRO**

Information session

Habitat seeking families in need

Habitat for Humanity Oxford Middlesex Elgin is looking for partner families to get involved in projects starting this fall.

An information session about Habitat's homeownership program is planned at 6 p.m. Thursday at the Oxford County Administration Building (21 Reeve St.) in Woodstock.

People are asked to register in advance. Contact Kara Walls at 519-455-6623, ext. 207. **METRO**



Ontario Progressive Conservative Leader Tim Hudak speaks Saturday at the party policy convention at the London Convention Centre. DAVE CHIDLEY/THE CANADIAN PRESS

Hudak upbeat after tough weekend

Making over the party image. Leader jokes with activists during town hall session



MIKE DONACHIE
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It was smiles all round Sunday after a difficult Ontario Progressive Conservative policy conference at the London Convention Centre.

No one seemed more relaxed than Tory Leader Tim Hudak, who faced a challenge to his leadership Saturday and lived to fight another day.

During a town-hall session to end the event, he laughed and joked, then delivered a

message of care and compassion.

The questions came thick and fast, but a delegate from Thornhill, north of Toronto, drew applause for attacking the internal dissent that began with London activists and led the failed call for a leadership review.

"We didn't need a leadership review," the delegate said. "What we need is to look at the party image."

"It's not the leader's job on his own to make our party image. Right now our image is heartless, business-oriented, not caring about ordinary people."

Hudak appreciated the sentiment, talking of the Tories' ability to run a budget well and saying it could provide the province with the

The meat of it all

- During the convention, hundreds of delegates from across the province had their say on a list of about two dozen policy ideas, including cutting income taxes and selling beer and wine in corner stores.
- Party officials wouldn't allow reporters to observe the voting, but some delegates leaving the session indicated that both ideas passed.

means of ensuring a compassionate society.

"We balance the books to help people," he said, refer-

ring to seniors and disabled children in need of support.

Projecting that image of compassion and confidence was the key message in Hudak's final appearance at the conference.

The Liberals have accused Hudak of hiding an agenda to eliminate 10,000 education jobs and make union membership optional. Hudak, meanwhile, is trying to present a gentler face.

The leader had warm words for his membership, thanking them for making the convention "900 Tories strong."

He added: "As leader, I want to say how proud I am of how our party has come together, focused on the next election campaign and getting Ontario back on track."

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Wheeling in a stronger voice

Cycling. Councillors to consider new advisory committee for two-wheeled travellers



MIKE DONACHIE
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Cyclists can have a difficult time navigating London's traffic, but now there's a move to let their voices become louder.

The city is to consider setting up a cycling advisory committee to hear their views.

The proposal is part of a report going before councillors on the corporate services committee Tuesday. The report comes from a committee of advisers dealing with transportation issues.

For Anthea Rowe, of the activist group London Cycle Link, it's come at a good time.

"Currently, we're under-represented in terms of the amount of bicycle lanes and dedicated paths," Rowe said. "In a lot of cities the size of London, there are more separate bike lanes. They even have some in Toronto where they're divided from other traffic by raised pavement in between."

London does have some improvements underway, she agreed.

Parts of the city have good bike lanes. In some places where the road narrows and cyclists are considered especially at risk, the city has painted green "bike boxes" on the ground to give riders a safe place to wait at traffic lights.

"London is making good in-roads," continued Rowe.

Decisions, decisions

- City councillors, duly elected to serve the people, are the ones who vote in bylaws and make policy decisions.
- They base their decisions on recommendations from council committees, comprised of councillors who, with input from city staff, discuss what should be done about problems like road safety.
- The council committees also receive reports from advisory committees, which make up a third tier of the decision-making process. Advisory committees draw their membership from citizens and experts.

"There's an increase in the number of bike lanes and the city is recognizing that cyclists deserve to share wider lanes."

"But even in the transportation master plan there's more they can do. If you look at the hundreds of thousands of dollars dedicated to expansion, we are hoping we can get a small amount of money for more dedicated bikes lanes."

There's also an issue of awareness, and Rowe believes that ordinary drivers need to take cyclists and cycling more seriously.

"I suspect that the average taxpayer doesn't really think of cycling as a viable transportation option for the average person," she said. "It can only help if cyclists are represented by a single voice."



Cyclists stop for a chat at Wellington and Dundas streets this summer. The city is setting up a framework for a committee aimed at giving cyclists a larger voice at city hall. MIKE DONACHIE/METRO

Lightning strikes non-profit — again



A Friday lightning strike left this hole in the east turret of My Sisters' Place (566 Dundas St.). SCOTT TAYLOR/METRO

No one was injured when lightning struck the east turret of My Sisters' Place early Friday morning, but the damage it caused could be costly.

Firefighters responded to a call just before 9 a.m. after the strike opened a hole in the roof, blowing fragmented shingles onto Dundas Street and the adjoining sidewalk.

A small fire was quickly extinguished. No one was in the building at the time.

"I didn't hear it, but ap-

parently it was very, very loud," said resource and capacity specialist Kristy Cairns.

"A lot of the neighbours came over to see what happened."

Oddly, it was the third time this summer lightning has struck the non-profit, which offers support to women facing homelessness.

The east tower was the target back in July. It was already under repairs and covered in a blue tarp as storms blew through the city Thurs-

day and Friday.

"It happened during the big storm we had when Sun-fest was on, and we got hit again last week, but I think it was just on the ground," Cairns said about the previous strikes. "It's very unusual because the house has never been hit before."

Trying to look on the bright side, she said My Sisters' Place recently completed its capital campaign, so there is some money for repairs. But, if the cost reaches as high as \$100,000 — and

reports suggest it might — the organization will have to ask for donations to make everything right again.

"We've been in the process of starting our elevator construction in the back of the building," Cairns said.

"Part of that construction is going to be the third floor. We couldn't access it before, so it just stayed locked. We had already planned to fix it up for use in the spring, so we'll just have to do a lot more a lot more quickly."

SCOTT TAYLOR/METRO

'People expect that I know everything': Nobel Prize winner

No brainer. Top scientist opens up, reveals the tougher side of being a winner of the award



MIKE DONACHIE
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He's a very clever man.

They don't come much more intelligent than Nobel Prize winner Dr. Klaus von Klitzing, who was greeted like a celebrity by some of the finest minds at Western University last week.

The quantum physicist thinks big thoughts, but Metro decided to ask him small questions, to help ordinary people like us understand his work.

So just what is quantum physics?

"Quantum physics is the phenomenon which appears if you go to smaller and smaller material," von Klitzing explained patiently. "If you cut down a piece of wood, you wind up with items that have not got the properties of wood."

"So in changing something, you get something that you can't expect by extrapolation."

"In quantum physics you have to use quantum leap when a very unexpected new thing happens if you go to very, very small structures that are not visible to our eyes."

OK. We think we get that. But how does it affect our lives? Why should we care about quantum physics?

"There are many, many new phenomena, new products," the professor replied.

On the cutting edge

- Dr. Klaus von Klitzing was awarded the Nobel Prize for Physics in 1985 for his discovery of the Quantum Hall Effect in 1980.
- His findings have had a major influence on international systems of measuring tiny particles, and relate to the topic of electrons, their strong magnetic fields and semiconductor physics. (Please stay awake at the back. No chewing gum.)
- Von Klitzing has been director of the prestigious Max Planck Institute for Solid State Research in Stuttgart, Germany, since 1985.
- He was at Western University last week to deliver the Elizabeth Laird Memorial Lecture and was hosted by the university's renowned physics professor Mahi R. Singh.

"If you use a compact disc, an electronic camera or a computer you're using a lot of quantum phenomena."

"If a light is coming out of a device, an LED, you're using quantum phenomena to produce the light."

It goes beyond that, into fields like atomic physics, where items smaller than atoms are part of the process, von Klitzing said.

With the big issues out of the way, we had to ask: What's life like when you have a Nobel Prize?

"People expect that I know everything," he says



The Nobel Prize effect: Dr. Klaus von Klitzing is treated like a rock star as he meets staff and students at Western University last week. MIKE DONACHIE/METRO

with a smile. "But it's not true."

"Many Nobel Prize winners have special knowledge in their field but many, many other questions I can't solve."

"One of the problems is that people believe our knowledge is in all area. This is the additional burden to

us all."

The benefit, however, is that people do listen. Nobel laureates have more independence to think, he said, and that means decision-makers like politicians are more likely to hear you out.

So what message did he

have for Canada? It's pretty simple, really: Let people think freely.

"I have many friends and many colleagues working in Canada. I worry a little bit about the pressure to do applied science (where people work towards a particular goal)," von Klitzing said. "You

need always some freedom in science for basic research. If you have new knowledge, you also have new applications."

"If you speak to Nobel Prize winners, most of them found something that was not expected. It was not planned."

Students on road to becoming city-council advisers

It's almost time for students to join London City Council.

They won't be wearing the mayor's official chain of office around their necks — at least not yet — but students from Fanshawe College and Western University are set to become advisers to the city.

The move is part of efforts to burst the "campus bubble" and engage students

Adding another member

- The eight city advisory committees set to receive an extra member are: accessibility, environment, community safety and

crime prevention, creative city, heritage, diversity and race relations, housing and transportation.

in London life. It began as an idea from Western's University Students' Council (USC).

It will see four people from the USC and four from Fanshawe Student Union

join citizen advisory committees as non-voting members.

The idea still has to be approved by councillors, but it's getting good marks from London's top administrator.

"There are many positive signs of the strengthening relationship between the city, and its post-secondary students and institutions," city manager Art Zuidema

says in a report prepared for Tuesday's corporate-services committee meeting.

The report lists positive steps that already have been taken, including Fanshawe establishing its downtown campus and Western's strategic policy commitment to "making London a world-class city."

The plan is to keep developing those links and to

listen to students' views as part of the advisory committee network.

The city is also expanding internship opportunities at city hall, and students are to be invited to receptions for foreign delegations and trade missions.

There could even be a council meeting at Fanshawe or Western once a year.

MIKE DONACHIE/METRO

Are your kids already bored with schoolwork? London's newest toy store can provide some extracurricular entertainment for your little scholars. Mastermind Toys on Wonderland Road marked its grand opening this weekend, and the company's own toy expert, Lisa Hicks, gave Metro her personal guide to the top toys.

MIKE DONACHIE/METRO
mike.donachie@metronews.ca



1 The Aquabot, \$12.95, ages 8+

This robotic fish is selling like hot (fish) cakes, Hicks said. "It combines a micro-robot, a type of toy that's been hugely successful, and water," she said. "You don't usually see a lot of mechanical things like this in water." As well as fun with a fishbowl, the Aquabot is being used by families as a bath toy. And it's a goldfish you'll never have to flush away.

5 hot toys this fall



2 Demolition Lab, \$39.95, ages 8+

"Essentially, you're building a house of cards and then blowing it up," smiles Hicks. "It's a little more sturdy than just cards because it comes with little pieces you build on. Then you place this detonator under the building, press the detonator, and they explode!" Of course, no real explosives are involved. The "detonator" has plastic moving parts that knock down the building.

3 Ziggle, \$79.95, ages 3+

Bit of a speed freak? Try this tiny bike that drifts like a car. Twist the front and wiggle the back and you're off. Experienced riders can even manage 360-degree turns. "It's kind of like drifting in a car," said Hicks. "It's a pretty exciting outdoor toy." The solid steel bike includes padded handgrips and grip tape for feet.



5 Rainbow Loom, \$18.95, ages 8+

Creative kids will love this colourful bracelet-making kit, which uses rubber bands. Hicks said: "This is our best-seller, hands down. Every kid in London has got to have it. We have a hard time keeping it in store. Every time they come in, they sell out again." The set includes everything needed to make 24 bracelets, illustrated instructions, more than 60 rubber bands and the loom to work on.



4 Hexbug Nano V2, \$8.95, ages 8+

The massively popular Hexbug range has been turned upside-down. Thanks to spikes on the back of the tiny robots, they have the ability to climb up and around tubes and tunnels on the Black Hole playset, which retails at \$49.95. "The older ones just go straight," said Hicks, "but this is really cool." Once the bugs hit the top of the playset they're forced to run down a tunnel and drop into a "black hole."



Murder charge laid, victim identified in stabbing death

Police have identified the man killed Thursday in east London as Allin Jeffrey Sutherland.

The 54-year-old died after being stabbed in an apartment building at 580 Dundas St., police said.

Joshua-Jack More, 24, of London has been charged with second-degree murder. A woman taken into custody early in the investigation has since been released.

Police were investigating another incident at the apartment building near Adelaide Street

Thursday afternoon when they were alerted to a man in medical distress.

He was located and rushed to hospital where he died.

The investigation is ongoing, police said.

London is having a violent September. A woman died Sept. 17 following an alleged domestic assault that occurred Sept. 1.

Early on Sept. 16, Paul Curry, 50, of London was found dead in a burned-out house on Manitoba Street. Police have charged Shane Wood, 37, of

London with break-and-enter and arson. The case is being investigated as a homicide, and additional charges could come when autopsy results are available, police have said.

On Sept. 8, police found the dismembered body of Alex Fraser, 25, of Orangeville in a room at the Travelodge Hotel on Exeter Road.

James McCullough, 20, of Orangeville has been charged with first-degree murder and committing an indignity to a human body. SCOTT TAYLOR/METRO

Man rides BMX bike

Suspect sought in ride-by gropings

He rides a BMX bike, and he's assaulting women in many areas of the city, police say.

Cops have received numerous complaints from women about a man who has groped them as he passed by on a bike.

The suspect is black, has a medium build and is between five-foot-six and five-foot-10. Anyone with information is asked to call police at 519-661-5670.

METRO

Writers festival

Bookworms unite: Big-name authors coming

London will play host to some big names when the International Festival of Authors tour hits the city Oct. 22.

Finalists for the 2013 Hilary Weston Writers' Trust Prize for Nonfiction will read selections from their works during the 7 p.m. event at the Wolf Performance Hall. Tickets are \$10. Call 519-661-5122 for details. METRO

Range of disciplines

Western U set to give honorary degrees

Western University is gearing up to hand out honorary degrees to professionals ranging from a journalist to a neurologist during its fall graduation ceremonies.

Honourees include Perin Beatty (Oct. 31), Kelly and Michael Meighen (Oct. 31), Thomas Feasby (Nov. 1) and Adrienne Arsenault (Nov. 1).

METRO



A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Dozens killed in attack after church service

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in north-western Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal

area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal offered on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pockmarked with holes. Blood stained the floor and the walls.

The 78 dead included 34 women and seven children, said Interior Minister Chaudhry Nisar Ali Khan.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene.

THE ASSOCIATED PRESS

Diplomacy

Attack puts peace deal in question

Ahmad Marwat, who identified himself as the spokesman for the Jundullah wing of the Pakistani Taliban, claimed responsibility for the attack.

"All non-Muslims in Pakistan are our target, and they will remain our target as long as America fails to stop drone strikes in our country," Marwat said by telephone.

Islamic militants have carried out dozens of attacks across the country since Pakistani Prime Minister Nawaz Sharif took office in June, even though he has made clear that he believes a peace deal is the best way to tamp down violence in the country.

"I don't think appeasement will work," said Farhatullah Babar, a senior leader of the main opposition group, the Pakistan People's Party. "This is a message from them that they don't believe in negotiations." THE ASSOCIATED PRESS

Aftermath

"When I got my senses back, I found nothing but smoke, dust, blood and screaming people."

Survivor Nazir John

Public to see Omar Khadr for first time in 11 years

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Legal battle

The arguments boil down to whether his eight-year term should be construed as a single youth sentence for all five offences or as five separate but concurrent sentences of eight years each.

The Toronto-born Khadr, who turned 27 last week, will not speak during the hearing.

Khadr's last court appear-

ance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

In exchange for his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Impartiality

NSA review panel close to spymaster

Stung by public unease about details of spying by the National Security Agency, U.S. President Barack Obama selected a panel of advisers he described as independent experts to scrutinize the NSA's surveillance programs to be sure they weren't violating civil liberties. But the review panel has effectively been operating as an arm of the Office of the Director of National Intelligence, which oversees the NSA.

THE ASSOCIATED PRESS

Delisle. Military furious that it could not quietly court-martial navy spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the Jeffrey Delisle scandal.

The rules for courts martial give the military wide latitude on what evidence is presented in public and what is kept secret. Through the court process, the public learned of lapses in the system of security

Public means everyone

"The public doesn't need to know all the details.... Whatever you reveal to the public, it will go to the bad guys."

Michel Juneau-Katsuya, a former CSIS agent who also served with the RCMP

clearances and that top-secret defence computers were not as secure as the military believed.

THE CANADIAN PRESS



Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya, Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Canada offers support to Kenya

Mall attack. Baird speaks to counterpart in Kenya after two Canadians killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as one of the two Canadians caught in the crossfire as gunmen used

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."

Foreign Affairs Minister John Baird

AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Officials have confirmed that the other victim was diplomat Annemarie Desloges, who worked at the Canadian em-

bassy in Nairobi.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted what it called a final operation to end the siege.

Somalia's radical rebel group, al-Shabab, claims responsibility for the attack as retribution for the presence of Kenyan troops in Somalia. It said there will be no negotiations.

At least two Canadian citizens and one permanent resident were among the 175 injured. **THE CANADIAN PRESS**

Recent attacks in Kenya

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.

Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege had started.

THE ASSOCIATED PRESS



Family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. **FACEBOOK**

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Local food fund

Growing 'world crops' in Ontario



An increasing number of commercial farms are experimenting with locally grown ethnocultural crops.

TORSTAR NEWS SERVICE

For a long time, newcomers to Canada had to put up with pricey and often stale produce imported from abroad and sold at ethnic grocery stores, or growing them in their own backyard.

But as immigrant markets grow in major urban centres, especially in the Greater Toronto Area, an increasing number of commercial farms, with help from the Ontario and federal governments, are experimenting with locally grown ethnocultural crops to meet the changing demands.

Some of these domestically produced "world crops" — such as Asian long eggplant, Indian round eggplant, okra, yard long beans, amaranth, Indian red carrot, tomatillos and edamame — have slowly taken up shelf spaces that were once dominated by imports from Asia.

In Toronto alone, says a study by University of Guelph professor Glen Filson, consumers from the South Asian, Chinese and African/Caribbean communities spend approximately \$396 million, \$252 million and \$80 million respectively each year on ethnocultural vegetables.

Every month, about \$62 million worth of imported vegetables are sold to Ontario consumers. If locally grown world crops displaced just 10 per cent of imported ethnic vegetables, the shift could create a new market worth more than \$6 million a month for Ontario farmers, the study notes.

This month, the Ontario government announced a \$30-million local food fund to market and promote domestically grown food, including the development and commercialization of world crops.

TORSTAR NEWS SERVICE

Child welfare. Advocates say strategy needed so kids aren't 'lost' in care

In a home in Fort Qu'Appelle, Sask., just east of Regina, a little girl was confined to a windowless, dark basement room with just a small blanket.

She was denied the use of a toilet and was rarely bathed or fed.

The toddler, who was born in British Columbia, was supposed to be cared for by her maternal grandfather, who had been given custody after the child was taken from her drug-addicted mother.

But instead, children's advocates say the girl was lost in a child welfare system that failed her.

Mary Ellen Turpel-Lafond, B.C.'s representative for children and youth, says there is not enough oversight of children in care who move between provinces.

"We have inter-provincial regulation of eggs, chickens, cars, tractors and so forth,

but we don't seem to have anything going with respect to children to the level of concern that we should have," Turpel-Lafond said.

For example, Turpel-Lafond said no province could even give her the number of the children received from or sent to other jurisdictions, or say if there was followup on the kids once they moved.

An inter-provincial protocol has existed since 2001, but Quebec has never signed it.

Cheryl Milne, chairwoman of the Canadian Coalition for the Rights of Children, said because movement between provinces is not that frequent, it's not necessarily the top priority on each province's radar.

Part of the problem is that standards, such as the method of monitoring, are different for each province.

THE CANADIAN PRESS

Dartmouth. 15 injured after backyard deck collapses during party

A Dartmouth, N.S., neighbourhood is in shock after a backyard deck collapsed 12 feet to the ground Sunday morning.

About 15 people were injured and taken to the QEII and Dartmouth General Hospital, four of whom suffered serious but non-life-threatening injuries. Two people were under the deck when it buckled.

Corinne LeBlanc, who lives in the condominium behind the house, saw the wooden deck collapse. She says she was going to file a noise complaint around 1:30 a.m. when she heard "a loud crack."

"I was in and out of sleeping because they were partying so much," she said. "Finally, I had enough, and I was going to call 911 when it went."

Witness

"I could hardly talk to the police because I was so worried about people being hurt. I knew they were hurt because I could hear them screaming."

Witness Corinne LeBlanc

Police, firefighters and paramedics were at the house in the 100 to 200 block of Green Village Lane within minutes of LeBlanc's call.

Halifax Regional Police Staff Sgt. Bill Morris says the cause of the accident is under investigation.

THE CANADIAN PRESS



People were back at the scene of a deck collapse Sunday on Green Village Lane in Dartmouth, N.S. JEFF HARPER/METRO



Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freeman-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freeman-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli,

had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

What she thought was a good deal soon turned into a nightmare.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

"He walks me to the door and he's yelling at me, 'I'm a Freeman-on-the-Land,'" Caverhill says.

"I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights,' so then he slams the door."

"As far as I'm concerned, anybody who sets up a company or an embassy on Canadian land and calls it a foreign entity, for me, that's a declaration of war," says Caverhill.

No one came to the door at the home when The Canadian Press sought comment from Pirelli earlier this month.

THE CANADIAN PRESS

'Domestic terror' movement

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- RCMP and the Canadian Association of Chiefs of Police

are developing awareness materials for frontline officers and the movement is the subject of upcoming policing seminars in Vancouver and Toronto.

- The FBI considers the movement a domestic terror threat in the U.S.

Holts gets lucky with Pharrell Williams pop-up collaboration

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits.

His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Mil-ey Cyrus, teaming up with the

pop star on her new album, Bangerz, due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line, which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer.

Slated to be open until the end of October, the boutique will feature an assortment of items such as hats, hoodies, tees and jackets from Williams' various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The Canadian retailer will also feature BBC X Holt Renfrew, a special collab-



Pharrell Williams products are shown at Holt Renfrew's Yorkdale store in Toronto on Saturday.

COURTESY GEORGE PIMENTEL/HOLT RENFREW

oration of exclusive sweaters and T-shirts for both men and women with prices

starting at \$68.

"It feels more like an installation in the sense that

there's a curated experience," Williams said of the pop-up.

THE CANADIAN PRESS

Celeb artifacts

Check out his stuff

Visitors to the shop will get to see some of Williams' prized personal possessions including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. But he turned coy when asked about the symbolism behind the pieces included: "It'd be cooler not to describe them. I mean, I still want that element of, like, surprise."

THE CANADIAN PRESS



Device durability. Don't drop that new iPhone

As Apple pitches its newest smartphones, users may find something lacking compared with last year's model: They could break more easily.

SquareTrade, a provider of protection plans for gadgets, tested five smartphones, including Apple's new iPhones 5S and 5C, to see if they could withstand drops, dunks and other common hazards. Its finding: The latest models aren't as durable as last year's iPhone 5.

The biggest loser, however, was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the

ground, according to San Francisco-based SquareTrade.

The phone that withstood SquareTrade's torture test best was Google Inc.'s Moto X. The Moto X is the first phone designed with the Internet company as Motorola's new owner. Released in August, the Moto X is also the first smartphone assembled in the U.S.

"We were expecting that at least one of the new iPhone models would up its game, but surprisingly, it was the Moto X that proved most forgiving of accidents," said Ty Shay, chief marketing officer at SquareTrade. THE ASSOCIATED PRESS



With every upgrade Apple has made, the new model has usually been more durable than the previous one, based on drop tests SquareTrade has done — but that wasn't the case this time. ALAN DIAZ/THE ASSOCIATED PRESS

Toronto

What's an old transit sign worth?

Collectors and decorators will pay good money for public transit signs, but Jordan Munn stumbled upon a trove of authentic Toronto Transit Commission signs in the garbage.

Munn, 30, was walking by a recently renovated subway station when he saw a sign peeking out of a pile of trash. He managed to salvage four TTC platform signs, then posted photos of them on Reddit, which attracted numerous comments from impressed Torontonians. Many were surprised the TTC didn't try to sell the signs.

A TTC spokesman said the agency has other relics from its illustrious history lying in storage. "We need to come up with a business plan that allows us to sell this kind of material without taking a loss," Brad Ross said. THE CANADIAN PRESS

New York City

\$2,500

New York City's Metropolitan Transportation Authority sells its subway station fixtures. The signs listed on its site are priced between \$100 and \$2,500 US.



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LIVE LIFE OFF YOUR CELLPHONE

Late-night television talk shows aren't known for discussing important topics — at least not overtly. But in an interview last week on Conan, comedian Louis CK offered some real insight into today's digital age and how it's affecting people's lives.

The premise of the bit was that Louis doesn't want his daughters to have a cellphone. He offered a few reasons, including how overuse affects children's learning and social skills. Less face-to-face interaction, he argued, has a real impact on a child developing empathy.

But CK's primary argument — for all ages — was that our incessant use of phones and other electronic devices acts as one big distraction from actually living. "Just be" was his underlying message, and boy was it a good one.

Just think. When was the last time you saw someone younger than 40 years old simply standing there (or sitting) not doing anything? Don't worry, I'm having a hard time remembering, too.



URBAN COMPASS
Todd Devlin
london@metronews.ca

We live in the information age, but it could also be described as the distraction age. It's so out of control, it seems the instant we're left alone with our own thoughts we reach for our phones. I'm also guilty of it.

Perhaps we've always had this inclination to escape reality and our innermost thoughts and feelings. After all, they can be scary sometimes. Prior to the digital age, there weren't the same types of distractions available. I would bet, though, that it's having an impact on our psychological health.

In humorous fashion, Louis told Conan that he experienced a recent episode of sadness while driving, and he had that familiar instinct to reach for his phone and distract himself to avoid

his feelings. But, he decided against it. Instead, he pulled to the side of the road and proceeded to weep like a baby.

"It was beautiful," he said, as the crowd laughed.

The irony of the laughter, I thought, was interesting. He's a

comedian, of course, but like all the great ones, he often has an important underlying message. The laughter from the audience — some of it nervous — could be likened to that same type of distraction that Louis was talking about. Were some of those laughs acting as a defence mechanism to truly experiencing the message?

Years ago, I worked out at a gym that had the motto "The Thinking Place" painted on the wall. Today, my gym is filled with people on the elliptical who are watching television, listening to music or — and I'm not kidding here — texting on their phones.

The distraction and short attention spans are most certainly having an effect on our brains — whether it's creativity or overall cognitive function. But what about the psychological effects? Do we ever really process anything anymore?

Let's try an experiment. When you finish reading this paragraph, don't reach for your phone. Fight the urge. Maybe think about how this columnist is full of rubbish. Maybe look out the window of the bus. Or smile at a stranger. Or maybe just sit there and be in your own thoughts.

Just be.



Follow Todd Devlin on
Twitter @UrbanCompassLdn

ZOOM

Scary sky morning, alien warning



MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes are most frequent.

METRO



A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie *Independence Day*, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.



Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instruc-

tional videos available here are a domestic treasure trove. There's good stuff here for beginners, too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to**

metronews.ca

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

.....

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, it's the ever-present danger of it going off the rails. But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument. Her emotive delivery on Joy, off her latest album *Halcyon*, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track. Goulding was good. **EMINA GAMULIN/METRO**

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON - AND STREAMING ONLINE IN HD - THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA



Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Business not as usual

2013 Emmy Awards.

Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in *Veep*, with Jim Parsons claiming the top comedy acting trophy for *The Big Bang Theory*.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of *Nurse Jackie* won the night's first award



Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of *Modern Family*.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to

cry."

Tony Hale of *Veep* claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of *Modern Family*.

"Oh, man. ... This is mind-blowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

On the red carpet, there were plenty of

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES



Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.



slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses.

Claire Danes of *Homeland* wore a champagne-coloured beaded gown and Robin Wright of *House of Cards* was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for *30 Rock*.

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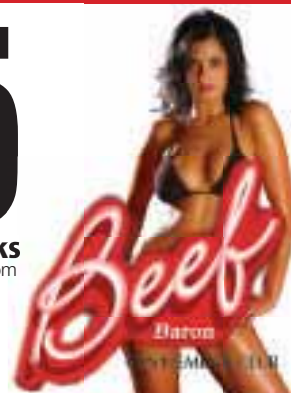
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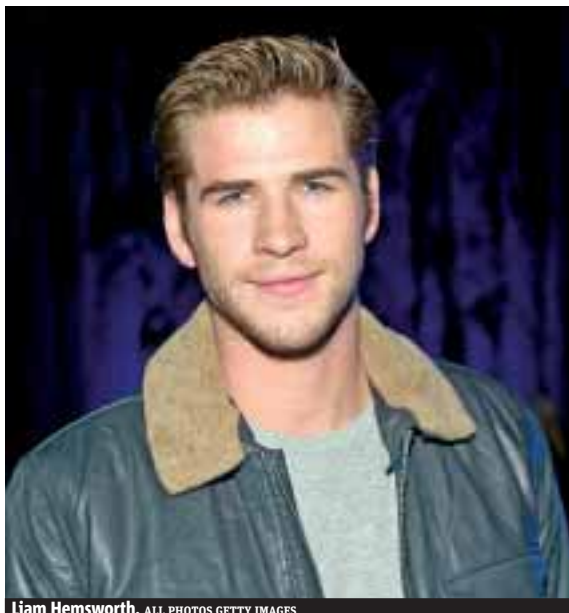


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2 SCENE



Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Moving trucks confirm Hemsworth-Cyrus split

As if an official publicist confirmation of the split and photos of Liam Hemsworth kissing another woman weren't enough, photographers caught a sure sign that his relationship with Miley Cyrus is over on Friday as a moving truck was spotted outside Cyrus' Los Angeles home collecting the rest of Hemsworth's belongings,

according to TMZ. It was unclear where the truck was headed once it was loaded up, but Hemsworth is back in Atlanta continuing work on the Hunger Games finale Mockingjay. Cyrus, sources say, initiated the split. "(It was) Miley's decision, after coming to grips with Liam being what she believed was less than faithful to her."



Andy Samberg

Samberg makes singer Newsom his wife

Saturday Night Live alum Andy Samberg and singer Joanna Newsom tied the knot this weekend in an intimate ceremony before family and friends at the Post Ranch Inn in Big Sur, Calif., according to Us Weekly. Samberg proposed to Newsom in February, and he admitted to

Ryan Seacrest in an interview last week that planning the wedding wasn't easy. "So far it's been nothing but stress and joy," he said. "The joy is in the lady herself. The stress is in the planning. We tried to go small and it was just impossible. There's too many relatives, too many friends."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Heigl's great to work with, now let me out of this basement



POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Ben Affleck's 18-month-old son is photographed wearing a Batman T-shirt. Not to be outdone, Kris Jenner made Kendall and Kylie wear "successful talk show host" crotch-less panties.

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Leonardo DiCaprio will star in a Woodrow Wilson biopic. And if that doesn't finally get him an Oscar, he'll play some other historical figure no one's interested in and not win an Oscar for that either.

Demi Moore has reportedly started dating the father of a young ex-boyfriend. That's kinda weird and creepy, isn't it? Someone her own age?

Justin Theroux says Jennifer Aniston made him get rid of his collection of antique, medical wax models of mouths showing various stages of syphilis and gonorrhea. It's only fair. He made her throw out all her Angelina voodoo dolls.



Chris Brown

I know I did a bad thing but so did Jay-Z! Brown brings up rap legend's past

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it —

especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."



Gwyneth Paltrow

Who likes short shorts? Not Paltrow

Gwyneth Paltrow admits that being one of the only ladies in The Avengers meant some wardrobe choices she didn't quite agree with. While Scarlett Johansson's Black Widow

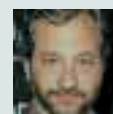
donned a full-body catsuit for much of the film, Paltrow's Pepper Potts wore some more revealing Daisy Dukes. "That was mean, wasn't it?" she confides in E! News. "Why am I in cut-off shorts and everyone else is in a suit? That's not fair."

Twitter



@rosemcgowan

a DJ just yelled at me. "Respect my Art!!" Bahaha. Ok, don't suck.



@JuddApatow

You know you've gained weight when everyone keeps telling you that you look like you've lost weight.



@ZacharyQuinto

am i back in tokyo?

Travel bit

Avoid toddler plane hell



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent,

you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been

that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole

flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down

the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS*, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist in a Psychology Today article

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by

making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of priv-

ilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. **THE CANADIAN PRESS**



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

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Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon,

ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the

mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

Healthy eating

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her on twitter @rosereisman

Ribs and chicken are both favourites for many people but one is clearly a better choice.



Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat
Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.



Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat
Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.



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Sweet. Citrus-Spice Almond Butter Torte



1. Heat oven to 325 F. Coat 9-inch cake pan with baking spray, then line bottom with a circle of baking parchment.

2. In a medium bowl, whisk together the sugar, cinnamon, cloves, allspice, ginger and salt. Add the egg yolks, vanilla and both zests. Whisk until smooth, pale and slightly thickened. Gently whisk in the melted butter, then stir in the ground almonds. Gently fold in the flour, just until combined.

3. Spoon the mixture

into the prepared pan and smooth the top. Sprinkle the raw sugar over the top, then decorate with whole almonds. Bake for 50 to 60 minutes, or until a tooth-

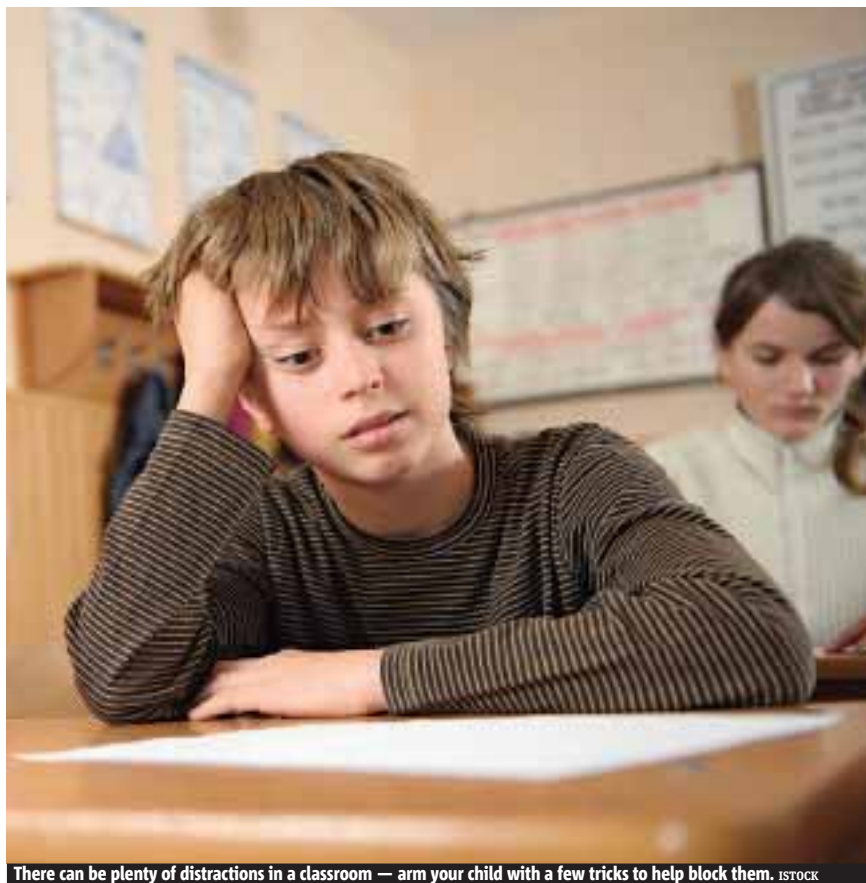
pick inserted at the centre comes out clean. Let cool for 10 minutes, then remove from the pan and set on a wire rack to finish cooling.

THE ASSOCIATED PRESS

Ingredients

- 1 1/4 cups granulated sugar
- 1 tsp cinnamon
- 1/2 tsp each ground cloves, allspice, dry ginger
- 1/4 tsp kosher salt
- 6 egg yolks
- 1 tsp vanilla extract
- Zest each of 1/2 orange and lemon
- 1 cup (2 sticks) unsalted butter, melted
- 1/2 cup toasted and finely ground almonds
- 2 cups all-purpose flour (sifted, then measured)
- 2 tbsp raw sugar
- Whole almonds, to garnish

May I have your attention, please?



There can be plenty of distractions in a classroom — arm your child with a few tricks to help block them. ISTOCK

Stay focused. A few simple exercises can help increase your child's concentration

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of chil-

dren diagnosed with ADD may not necessarily mean that more children have attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist, however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply benefit from better concentration skills, these tips can help all students remain focused and learn better:

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

Get organized. Teach and re-teach organization skills. Before starting, break tasks into smaller, more manageable parts and go over all instructions clearly.

Build confidence. Celebrate every success, no matter how minor.

Be positive. Focus on successes, not failures. Look at what your child is doing well and celebrate it.

NEWS CANADA

Forget trying to have it all — pick a passion instead

Your best life.

Women need to make choices and not pursue perfection

MEREDITH ENGEL

Metro World News in New York

The ongoing debate about the modern career-minded woman was brought to the forefront again with the release of Sheryl Sandberg's *Lean In: Can women really have it all?* The perfect home, the darling children and the bustling career — can they be successfully juggled? And why is "having it all" a problem only women seem to have?

At a New York Women in Communications panel discussion on female leadership last week, women at the top of their game offered their opinions on the matter and advice for women trying to balance it all.

"You can't expect perfection," said Cathie Black, the for-



LEAN IN

WORKING WOMEN AND THE WILL TO LEAD

mer chairwoman and president of Hearst Magazines (who, by the way, abhors the phrase "having it all"). She referenced Oprah Winfrey's popular "Live your best life" quote, noting the importance of the word "your" in there.

"Life is about imbalance," she added. "There are choices you make."

One of those choices might be accepting that you can't do it all. Jeanine Shao Collins, executive vice-president and chief innovation officer of Meredith 360, recommended that future

Tips from a pro

Cathie Black is one of the most respected bosses in the biz. Take her advice and watch your career soar.

- **How to ask for a raise.** "You have to have a reasoned approach," she says. "I need more money" — that is not my problem. Look at the results: Have you done the job really well? Then you can ask for something."
- **Stand out in meetings.** Black calls the corner seat "the dead zone of the table." Speak up! "If you are going to show up, you are not a visitor — you are a participant."

leaders "be willing to delegate, and be OK with it." And Black added that hiring a nanny to watch the kids isn't going make them forget who their parents are.



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Ronson roughed up in UFC debut in Toronto

Jesse (The Bodysnatcher) Ronson, right, lands a kick on Brazil's Michel (Tractor) Prazeres during their UFC 165 bout Saturday in Toronto. Prazeres earned a split (28-29, 29-28, 29-28) decision over Ronson, a Londoner who was making his UFC debut. The loss snapped Ronson's eight-fight win streak. In the main event, a bloody Jon (Bones) Jones defended his light-heavyweight title but was pushed to the limit by a hard-charging Alexander (The Mauler) Gustafsson. CHRIS YOUNG/THE CANADIAN PRESS

NHL picks key in Knights' 1st victory

OHL. Trio of big names helped London earn shutout in opening win



DAVE LANGFORD
dave.langford@metronews.ca

The London Knights sent 17 players to NHL camps this fall and six were still there for Friday's season opener against Plymouth.

It was a cluster of three returnees who shared in leading the Knights to a 3-0 victory before a sold-out crowd of 9,046 fans at Budweiser Gardens.

Centre Kyle Platzer, a fourth-round pick of the Edmonton Oilers this year, scored the first two goals of the season for the Knights and was the game's



Goalie Anthony Stolarz makes a save early in the Knights' Friday battle against the Plymouth Whalers. ANGELA MULLINS/METRO

first star.

Goalie Anthony Stolarz, a Philadelphia Flyers second-round selection in the 2012 draft, stopped all 30 shots. He earned himself second star, and tweeted to his mother: "Happy birthday Mom. Hope you liked your present."

Defenceman Dakota Meremis, who was at Columbus Blue Jackets camp, scored the final Knights goal — a short-handed one — and was named the game's third star.

Platzer, 18, said his game has changed since he attended the Oilers' camp.

"At the NHL camp, whole different level, whole different game," Platzer said. "I think I brought back that intensity and that speed back to here."

It's all about the speed, he emphasized.

"You just have to be quicker with your decisions," he said. "You always have to have your head up. There's no time for lollygagging out there."

Knights assistant coach Dylan Hunter has seen the difference in Platzer since he came back from the Oilers camp.

"It's great for these guys to go. You see the speed. The ways these guys work," Hunter said. "You get to see them on TV, but it's not the same when you are there."

The Knights return to the ice Friday to face the Saginaw Spirit. Game time is 7:30 p.m. at Budweiser Gardens.

Tour Championship

Stenson earns big payday in Atlanta

Henrik Stenson capped off the best stretch of his career Sunday with the biggest payday in golf.

Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots over Spieth and Steve Stricker. The 37-year-old Swede also captured the FedEx Cup and its \$10-million bonus. Stenson earned \$1.44 million for winning the tournament.

Stenson, who two years ago was outside the top 200, moved to No. 4 in the world.

Spieth left one lasting impression on his remarkable rookie season. At 20, the youngest player in Tour Championship history ran off four straight birdies on the back nine at East Lake and pulled within one shot of Stenson with his 10-footer on the 16th.

THE ASSOCIATED PRESS



Henrik Stenson kisses the FedEx Cup on Sunday in Atlanta. GETTY IMAGES

FIBA Americas

Canada opens strong vs. Jamaica

Kimberly Gaucher scored 15 points as Canada's women's basketball team routed Jamaica 75-37 Sunday in its first game at the FIBA Americas Championship for Women.

Canada opened strong, outscoring the Jamaicans 21-7 in the first quarter.

Canada took control of the game with a dominant third quarter, outscoring Jamaica 21-4 to take a 51-29 lead.

THE CANADIAN PRESS

OUA football. Mustangs take lessons from comeback over Laurier

Quarterback Will Finch threw for 423 yards and two touchdowns while receiver Brian Marshall caught seven passes for 209 yards, leading the Western Mustangs to a comeback win Saturday.

Western beat the Laurier Golden Hawks on the road 45-24.

"It's just one of those games you're kind of off to a bad start, they make some big plays and all of a sudden everyone gets

a bit tight," Mustangs head coach Greg Marshall said. "It's good that you play a game like this and are able to come back in the second half, settle down and make some plays."

The win moved the second-

ranked Mustangs to 5-0, on top of the OUA standings.

Finch completed 26 of 36 passes with two interceptions. It was the third time this season the Burlington native threw for more than 400 yards

in a game.

Next up for the Mustangs is a homecoming showdown with the third-ranked Queen's Gaels at 1 p.m. Saturday at TD Stadium.

METRO

RG3 drops the ball, 'Skins drop to 0-3



Joseph Fauria of the Lions celebrates after scoring a touchdown against the Redskins on Sunday in Landover, Md. PATRICK MCDERMOTT/GETTY IMAGES

Lions make their point in the capital. Behind a couple of lucky breaks, Detroit ends 74 years of road futility against Redskins

Robert Griffin III went head-first instead of sliding, so when the ball popped out it was a fumble.

Aldrick Robinson had a touchdown catch in his hands, but he couldn't quite maintain possession as he hit the ground in the end zone.

Thanks to the turf, the Detroit Lions have ended 74 years of road failure against the Washington Redskins.

Detroit beat Washington 27-20 Sunday with big days from Matthew Stafford, Calvin Johnson and Nate Burleson and those two fourth-quarter Redskins bobbles, the kinds of breaks that had eluded Detroit (2-1) in the U.S. capital since Franklin Delano Roosevelt lived on Pennsylvania Avenue.

"You never know how the cookie's going to crumble, and it feels good that it crumbled our way this time," Detroit cornerback Rashan Mathis said.

"I wasn't a part of the past, but I am part of the future, so it feels good to give the fans

something to feel good about, and we can demolish a record, our streak, that was going on for years and years and years."

The Lions last beat the Redskins away from home in 1939, a 21-game streak that comes to a halt as the second-longest in NFL history.

Detroit's last road victory in the series came in 1935 against the Boston Redskins, two years before the move to Washington (0-3).

History was at play in other ways. The "Calvin Johnson rule" — in which a receiver must maintain possession of the ball all the way to the ground when falling during a catch — worked in favour of the Lions for a change.

This time it was Robinson who wasn't quite able to keep the ball from coming loose after hauling in a pass from Griffin for an apparent 57-yard touchdown. The score would have given the Redskins the lead with 9:05 to play, but it was overturned by replay.

Then there was Griffin, who scrambled for a 21-yard run deep into the opponent's territory with the score tied in the fourth quarter.

But the ball jarred loose as Griffin stumbled forward to give himself up at the 30-yard line. The play would have been ruled dead if he had slid.

THE ASSOCIATED PRESS

Quoted

"So, it's unfortunate, and I've just got to make sure if I dive forward, hold onto the ball."

Redskins QB Robert Griffin III on his pivotal fumble.

Referees' flags fail to slow Jets as they blow by Buffalo

Boy, that was ugly. And still, somehow, a win for the New York Jets.

Geno Smith threw two touchdown passes, including a go-ahead 69-yarder to Santonio Holmes in the fourth quarter, and the Jets overcame a team-record 20 penalties to hang on and beat the Buffalo Bills 27-20 Sunday.

Smith, who also ran for a score, slightly outplayed EJ Manuel in a matchup of the first two quarterbacks selected in the NFL draft. But this one

Banged-up Bills

It was a costly defeat for Buffalo, which lost running back C.J. Spiller, as well as Leodis McKelvin, Marcell Dareus and Alex Carrington on defence.

was tough to watch with the barrage of penalties. The Jets (2-1) rolled up 158 yards in penalty yardage, and nearly gave it away against the Bills (1-2).

Capping a drive kept alive

by four straight penalties on the Jets, Manuel connected with Scott Chandler for a 33-yard touchdown, then hit Stevie Johnson with a pass for two-point conversion that tied it at 20 with 10:39 left in the game.

But Smith got the Jets right back onto the scoreboard with his big heave to Holmes, who broke away from Justin Rogers as he caught the ball and zipped into the end zone. Holmes had a career-high 154 yards receiving.

THE ASSOCIATED PRESS



The Jets' Stephen Hill hauls in a pass against the Bills on Sunday in East Rutherford, N.J.

RON ANTONELLI/GETTY IMAGES

Week 3 in pictures



1 Panthers 38, Giants 0. Felines feast in first win of season

Cam Newton threw three touchdown passes and ran for another, and Carolina sacked Eli Manning seven times.

2 Saints 31, Cardinals 7. Brees accounts for 4 TDs

Drew Brees passed for three scores and scrambled for New Orleans' first rushing touchdown of the season.

3 Bengals 34, Packers 30. Pack blows 16-point 2nd-half lead

Terence Newman returned a fumble 58 yards for a touchdown to rally Cincinnati past Green Bay.

4 Ravens 30, Texans 9. In Baltimore, D is for dominant

The Ravens, who were without running back Ray Rice, haven't allowed a touchdown in eight quarters.

5 Browns 31, Vikings 27. Minnesota kept winless

Jordan Cameron caught three touchdown passes, including the go-ahead grab with 51 seconds left. THE ASSOCIATED PRESS

Still a Central discussion



White Sox pitcher Erik Johnson reacts after giving up a fourth-inning solo home run to Prince Fielder on Sunday at Comerica Park in Detroit. LEON HALIP/GETTY IMAGES

MLB. Tigers still waiting to lock up division title after loss to White Sox and Cleveland's victory

Outside the Detroit clubhouse, inside a yellow van parked in a loading area, a few boxes labeled "Dom Perignon" provided a reminder of an opportunity missed — but not lost.

The Tigers fell short in their effort to clinch the AL Central title during the final homestand of the season, losing 6-3 to the Chicago White Sox on Sunday. There would be no champagne-soaked celebration — only a resolute belief that post-season baseball will be back in Motown this

year anyway.

"Everybody wanted to clinch at home," Detroit's Brayan Pena said. "But it doesn't matter how we do it. We just want to do it, because if we do it, everybody knows that we're coming back here. And those fans, they really deserve that."

Detroit needed a win and a Cleveland loss to wrap up the division Sunday, and neither happened. So the Tigers' magic number for the AL Central championship remains at two at the start of a six-game road trip.

One thing is certain: Detroit's season will not be over after 162 games. The loss by Texas at Kansas City on Sunday means the worst the Tigers can do is finish in a tie for a wild card.

THE ASSOCIATED PRESS

Waiting in Detroit

"Disappointment is such a big word. I don't know if we're disappointed. We wish we could have had a chance to do it here in front of the fans who have been supporting us all year."

Tigers outfielder Torii Hunter

European championship

France tops Lithuania to clinch championship

France won its first major basketball title Sunday, beating Lithuania 80-66 in the final of the European championship.

San Antonio Spurs star Tony Parker had a quiet game for France, which broke open a close contest by closing the third quarter with a 14-0 run that kept Lithuania scoreless for four minutes. France's lead grew to 22 with three minutes remaining in the third and Lithuania never recovered. THE CANADIAN PRESS

NASCAR

Kenseth stays hot in edging Busch

Matt Kenseth made it 2 for 2 in the Chase, holding off teammate Kyle Busch to win Sunday at New Hampshire Motor Speedway.

Kenseth followed his win in the Chase for the Sprint Cup championship opener at Chicagoland with his series-high seventh victory of the season.

THE ASSOCIATED PRESS



Leafs forward Joffrey Lupul skates at practice Friday. TORSTAR NEWS SERVICE

NHL. Leafs' Lupul says he put in hours to ensure quick recovery from injury

Joffrey Lupul says it won't take too long for him to get back into game shape.

The Toronto Maple Leafs' oft-injured winger declared himself ready for action Sunday after missing the start of training camp due to back spasms, saying it won't take too long to get into game shape.

"Compared to some of the injuries I've dealt with, missing the first couple of days is not really a concern," said Lupul. "I've been practising. Put in a lot of hours this week and I've done some stuff on my own. I feel good. I would anticipate to play pretty well."

Lupul has missed great chunks of time through his career, mostly stemming from back problems. Last year he missed six weeks with a broken arm. He sits on a special foam seat at his locker to protect his back and does more stretching and warmups than most.

"This was odd because I've been training pretty hard all summer and I didn't have any flare-ups or issues," said Lupul. "The timing was weird."

"I have to make sure to do my regular warmup and get

a little more treatment than the other guys in the room or more than I used to when I was younger. I guess I know when not to push it, or maybe take a workout off or a practice off."

Lupul practised on a line with Nazem Kadri and David Clarkson playing in Sunday's game against Buffalo. He said he wasn't frustrated with the injury, but rather at missing time.

"You want to be out there with your teammates at all times," he said.

TORSTAR NEWS SERVICE

MLB

No happy ending in New York City

The day started in storybook fashion. A moving tribute to Mariano Rivera was followed by Andy Pettitte taking a no-hitter into the sixth inning of his final regular-season start at Yankee Stadium.

The way it ended might have finished the Yankees' playoff hopes.

After honouring the career saves leader and celebrating Pettitte, New York saw its AL wild-card hopes dim Sunday with a crushing 2-1 loss to the San Francisco Giants.

In danger of missing the playoffs for just the

second time in 19 years, the Yankees dropped four back of Cleveland for the second AL wild card with six games left. New York hosts wild-card-leading Tampa Bay for three games, then closes at Houston.

The Yankees held a pre-game ceremony and retired the No. 42 of Rivera, who is in his final season. Rivera was the last player to wear Jackie Robinson's number, which was retired throughout MLB in 1997.

"I appreciate this day, what the organization did, the fans that were here supporting me," Rivera said. "That was good, but at the end it wasn't that great because we lost the game."

THE ASSOCIATED PRESS



Mariano Rivera on Sunday at Yankee Stadium KATHY WILLENS/THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	86	69	.555	8
New York	82	74	.526	12½
Baltimore	81	74	.523	13
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Sunday's results

San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2

Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7

Saturday's results

N.Y. Yankees 6 San Francisco 0
Tampa Bay 5 Baltimore 1
Oakland 9 Minnesota 1
Cleveland 4 Houston 1

Detroit 7 Chicago White Sox 6 (12 inn.)
Texas 3 Kansas City 1
Toronto 4 Boston 2

L.A. Angels 6 Seattle 5

Monday's games — All times Eastern
Baltimore (Chen 7-7) at Tampa Bay (Archer 9-7), 3:10 p.m.

Houston (Lyles 7-8) at Texas (Holland 9-9), 8:05 p.m.
Detroit (Verlander 13-12) at Minnesota (Pelfrey 5-13), 8:10 p.m.

Toronto (Happ 4-6) at Chicago White Sox (Quintana 8-6), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Richards 7-6), 10:05 p.m.

Kansas City (Ventura 0-0) at Seattle (Maurer 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	83	72	.535	9
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	98	.368	35

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	64	.587	—
Cincinnati	89	67	.571	2½
Pittsburgh	89	67	.571	2½
Milwaukee	68	86	.442	22½
Chicago	65	91	.417	26½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Sunday's results

Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2

Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0

Miami at Washington

St. Louis at Milwaukee

Saturday's results

Chicago Cubs 3 Atlanta 1
Pittsburgh 4 Cincinnati 2
N.Y. Mets 5 Philadelphia 4 (7 inn.)
Miami at Washington (ppd.)

St. Louis at Milwaukee 2
Arizona 7 Colorado 2

L.A. Dodgers 4 San Diego 0

Monday's games — All times Eastern

N.Y. Mets (Harang 0-1) at Cincinnati (Cueto 5-2), 7:10 p.m.
Milwaukee (Estrada 6-4) at Atlanta (Minor 13-7), 7:10 p.m.

Philadelphia (Halladay 4-4) at Miami (Eovaldi 3-6), 7:10 p.m.

Pittsburgh (Morton 7-4) at Chicago Cubs (Samardzija 8-12), 8:05 p.m.

Washington (Roark 7-0) at St. Louis (Wainwright 17-9), 8:15 p.m.

Arizona (McCarthy 5-9) at San Diego (Stults 9-13), 10:10 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result

B.C. 24 Saskatchewan 22

Saturday's results

Hamilton 28 Montreal 26

Toronto 33 Calgary 27

NFL

WEEK 3

Sunday's results

New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30

Cleveland 31 Minnesota 27

Baltimore 30 Houston 9

Tennessee 20 San Diego 17

Carolina 38 N.Y. Giants 0

New Orleans 31 Arizona 7

Dallas 31 St. Louis 7

Detroit 27 Washington 20

Miami 27 Atlanta 23

Indianapolis 27 San Francisco 7

Seattle 45 Jacksonville 17

N.Y. Jets 27 Buffalo 20

Chicago at Pittsburgh

Monday's game — All Times Eastern

Oakland at Denver, 8:40 p.m.

GOLF

PGA TOUR

TOUR CHAMPIONSHIP

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x-wins FedEx Cup Playoffs

x-Henrik Stenson, \$1,440,000

68-67-71-64—270

Steve Stricker, \$708,000

66-71-68-65—270

Webb Simpson, \$384,000

68-71-69-63—271

Dustin Johnson, \$320,000

68-68-67-69—272

Justin Rose, \$288,000

68-68-70-67—273

Also:

Graham McDowell, \$131,200

68-71-72-73—284

Horoscopes

♈ Aries

March 21 - April 20

Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus

April 21 - May 21

Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini

May 22 - June 21

Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer

June 22 - July 23

Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo

July 24 - Aug. 23

You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo

Aug. 24 - Sept. 23

You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra

Sept. 24 - Oct. 23

If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio

Oct. 24 - Nov. 22

Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius

Nov. 23 - Dec. 21

You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

♑ Capricorn

Dec. 22 - Jan. 20

The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

♒ Aquarius

Jan. 21 - Feb. 19

You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces

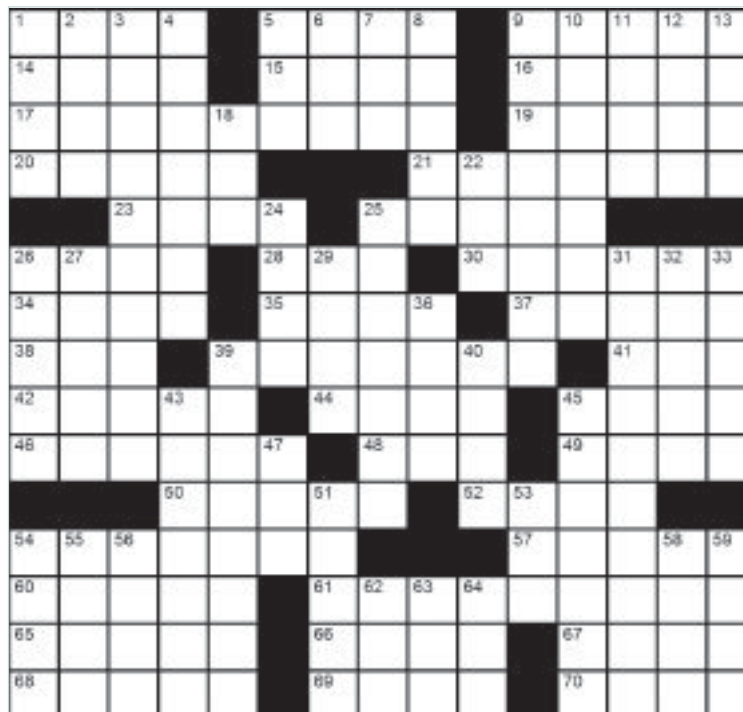
Feb. 20 - March 20

In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Police dept. rank
- Skedaddle
- Feminine 'this' in French
- Lion's mane part
- Marsh plant
- "___ Pearl" by 54-40
- Douglas ___ (Second husband of the Canadian actress at #9-Down)
- Dennis of movies
- "Blame It ___" (1984) starring Michael Caine
- Every bit as
- Hero
- Pasted
- 9:00 ___ 5:00pm (Office hours)
- Wood sorrel
- Conflicting: 2 wds.
- Bankruptcy reason
- Boring
- Handle in the hospital
- Pathway, for short
- Mont-Saint-___, Quebec
- Passed in 1867, it made Canada [acronym]
- Not napping
- "___-Team" ('80s series)
- Crooned
- Planets
- Ship's stern
- Amounts [abbr.]
- Off to ___ start



- Spanish 'water'
- Greek Myth: Slayer of Medusa
- Actress Ms. Ward's
- ___ Harp
- Play poker one on one: 2 wds.
- Engraved head necklace piece

- Fluish feeling
- British band, ___ Shaker
- Informal-style of wording
- Judge Judy's garb
- Lovestruck, olde-style

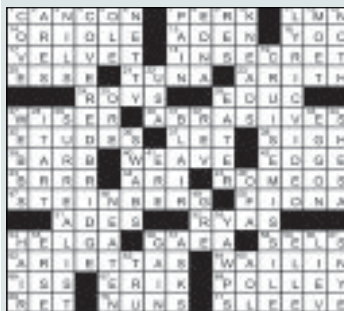
Down

- Data
- "Wavin' Flag" by K'___
- British Columbia's provincial mammal: 2 wds.
- Green hue
- Monk's title
- DWTS judge
- "Mouse!"

- Bygone car
- 1929 film for which Mary Pickford won an Academy Award for Best Actress
- South American country
- Greenish-blue
- Cat part
- Complete-ish

- "Surprise!"
- Sine ___ non (Essential thing)
- CCR tune
- Sir of the Round Table
- "It's ___!" (Tied game exclamation)
- "Love ___ Times" by The Doors: 2 wds.
- Religious sect
- 'Let Go', for Avril Lavigne in 2002: 2 wds.
- Mr. DeVito
- Pre-weddings parties
- Willingly, to a poet
- Video game, Sonic the ___
- Proportionately, Pro ___
- Canadian speed skating great/Olympian, Cindy ___
- Makes mouse noises
- Old French coin
- Academy Award
- Prime meridian std.
- Photos
- 'Fed' suffix
- Terza ___ (Italian verse form)
- "___ Wanna Do" by Sheryl Crow
- Musical chairs goal
- Past
- Wipe
- Canadian comed-ian Gerry

Friday's Crossword

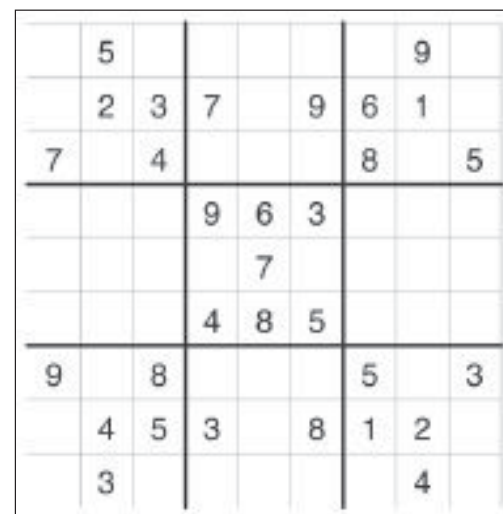
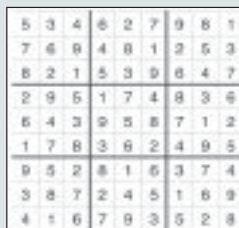


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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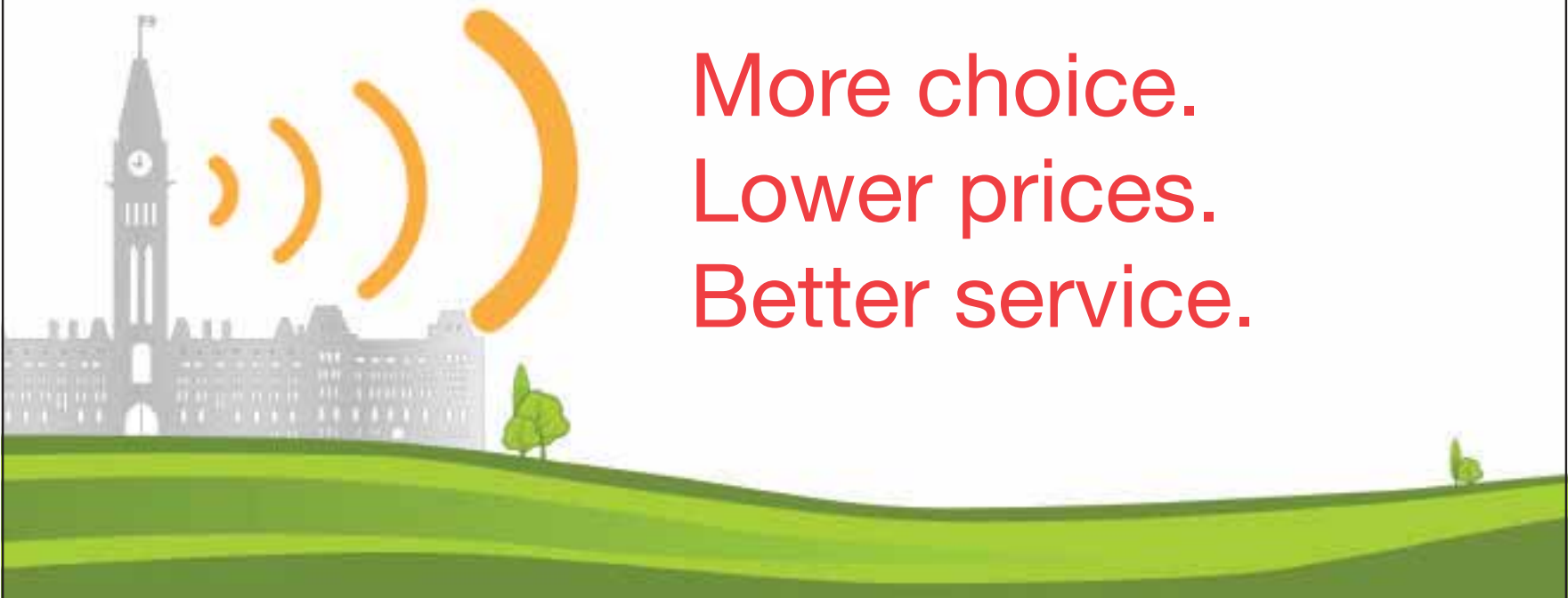
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